

Senior Spirit

Senior Services and D.A.R.T. Transportation

Director's Notes

TIPS FOR SUMMER HEAT SAFETY

Summer means gardening, cookouts, and just enjoying the great outdoors, but a heat wave can pose a major threat, especially for seniors. Seniors don't have as great an ability to sweat as younger people, and sweat is how you cool yourself. Dehydration may increase the risk of a serious cardiovascular event like a heart attack, stroke, or kidney failure.

Dehydration is a major concern for seniors in the summertime heat, but don't wait until you feel thirsty to reach for a beverage. Drink plenty and a variety of liquids. However, too much water can lead to electrolyte imbalance. Concentrated urine is a bladder irritant and actually increases trips to the restroom. The best advice is to keep plenty of sweat replacement drinks, such as Gatorade, on hand and drink them when you're sweating more than usual.

Skip your usual iced tea or coffee in the summer to help avoid hydration in a summertime heat wave. Caffeine works on our kidneys as a diuretic, depleting our bodies of needed liquid. It's best to stick with water or Gatorade.

If you're going back and forth all day between scorching summer heat and frigid air conditioning, dress in layers so that you can adjust all day long. Layering ensures comfort with indoor air conditioning and outdoor heat. Also, wear lightweight clothing in breathable, natural fabrics like cotton that allow your skin to breathe.

When the sun is blazing hot, it's best to avoid being outdoors to prevent overheating, dehydration, and sunburn. Stay inside where it's cool – if your home doesn't have air conditioning, head out to the movies, the mall, or your local senior center to take advantage of their air conditioning. When you do spend time in the sun, make sure you wear sunscreen to prevent a sunburn, and put on a hat with a wide brim and sunglasses to protect your eyes.

Who wants to cook – or eat – a hot meal in the blazing heat of summertime? Turning up the stove will only heat up your kitchen and your home, and that may not sound too appetizing. Switch to tasty cold dishes instead. Enjoy cold fresh salads loaded with vegetables and fruit, sandwiches, fruit smoothies, and hard-boiled eggs.

Taking a cool shower or bath can help bring down your body temperature when your skin is sizzling from the summertime heat.; evaporation gets rid of heat from the body. You can also soak a small towel or cloth in cool water and drape it around your neck or on top of your head to help cool down when you need it, especially if you're outdoors and can't get back inside into the air conditioning.

When it's really hot, do turn on the air conditioning, especially when you sleep, to help you stay comfortable and get a good night's rest. Our body temperature naturally drops a small amount at night to promote sleep. Being too hot at night will make it difficult to fall asleep and stay asleep. If you don't have air conditioning, turn on fans and open up the windows in your home to allow cool air to circulate and help you cool down with a breeze from the outdoors.

Important Douglas County Senior Services Programs

Congregate Dining: Lunch is served each Monday-Friday starting at 11:30pm at the Senior Center located at 1329 Waterloo Lane. *The suggested donation for lunch is \$3.00 for anyone 60 or older, and \$7.00 for those under 60. *Those unable to pay will not be denied service.

TRE Congregate Dining: Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the TRE Community Center located at 3939 Carter Way in Topaz Ranch Estates. *The suggested donation for lunch is \$3.00 for anyone 60 years or older.

*Those unable to pay will not be denied service.

North County Dining: Congregate Dining is provided each Wednesday and Friday at 12pm, at the James Lee Park GID, located at 3394 James Lee Park, Carson City (Indian Hills). *The suggested donation for lunch is \$3.00 for anyone 60 years or older. *Those unable to pay will not be denied service.

Homemaker Assistance: The Homemaker Service provides weekly or bi-weekly visits of basic cleaning, laundry, grocery shopping and cooking assistance.

The suggested donation for this service is \$3.00 per hour. 783-6455

Meals on Wheels: All Seniors 60 years and older who are physically incapacitated or unable to leave the house can receive weekly Meals on Wheels. The suggested donation for this service is \$3.00 per meal*. 783-6455

Transportation: Transportation is provided for all seniors 60 and older. Round trip medical transportation is available. **Due to demand, we request a 2 day notice on appointments to ensure service.** Call 783-6456.



Are you looking for an opportunity to volunteer? Come on in to the Senior Center and find out how you can help us keep our programs running or call 783-6455.

Important Contacts In Our Community

Aging and Disability Services Division: (C.H.I.P) 687-4210	Elder Abuse: 800-992-5757	Nevada Job Link: 684-0400
Alzheimer's/Dementia Support: 883-0703 ext. 223	Energy Assistance: 684-0731	Douglas County Senior & Community Center 782-5500
Gentiva Hospice 775-882-5735 or 775-443-7556	Elder Protective Services: 688-2964	Ron Wood Family Resource Center: 884-2269
Crisis Call: 800-992-5757	Family Support: 782-8692	Senior Legal Helpline: 877-693-2163
DART Transportation: 783-6456	Fire Department: 782-9996	Senior RX: 687-8711
Douglas County Community Health Nurse: 782-9038	Food Closet: 782-3711	SHIP: 775-267-7907
	Grief Support: (530) 543-5605	Social Services: 782-9825
	Guardianship: 721-1239	State Welfare: 684-0800
	HUD Housing: 887-1795	

"Let your fingers do the walking"

COUNTY COMMISSIONERS—

Doug N. Johnson (Chairman), Nancy McDermid (Vice-Chairman), Greg Lynn, Barry Penzel, Steve Thaler

SENIOR ADVISORY BOARD MEMBERS—

Bob Cook (Chairman), Kevin Servatius (Vice Chairman), Andrea Rajeski (YAFI Representative), Tom Ingham (Council Member), Felix Lockwood (Council Member), Robert Schultz (Council Member), Mike Olson (Council Member), Jim Nichols (County Manager), Scott Morgan (Community Services Director) and Travis Lee (Manager of Senior Services).

SENIOR SERVICES STAFF—

(Director) Travis Lee, (Transportation Coordinator) Linda Skaggs, (Drivers) Russ Kozerski, Renee D'Accardo, Ron Schnur, Henry Martinez, Robert "Woody" Wood, Richard Petersen, James Villa Senor (Food Services Supervisor) Tammy McComb, (Kitchen Staff) Victoria Broom, Brittney Schreckengost, Danielle McGillivray, Tabitha Nickerson, and (Recreation Specialist) Sheri Karosich, (Senior Office Assistant) Patti Gurule, (Homemakers) Cindy Ponder, Kathy Cullen, Kim Cunningham

More Douglas County Senior Services

D.A.R.T



775.783.6455
775.783.6456

Fares:

Adults: (age 12 & over)...\$2.00 per ride
Seniors *\$1.00 donation
Student ID Discount.....\$1.00 per ride
Medicare.....\$1.00 per ride
Disabled.....\$1.00 per ride

*Services will not be denied because someone chooses not to contribute.

Did you know?

** Need a Notary? For just \$5 per person, our very own Patti Gurule will notarize your signature. All proceeds benefit Meals on Wheels. Be sure to call for an appointment at 782.5500.

** DMV Services will be visiting the Senior Center on 2nd & 4th Monday's of each month. From 10:30am - 12pm to take vehicle renewals (no driver's license) and answer questions in the Senior Center Conference Room

** The Health Nurse will be visiting the Senior Center, TRE and N. County Community Center(s) this month to provide **FREE Blood Pressure Checks**. To have your Blood Pressure checked, come to the Gardnerville Senior Center on Wednesday, July 15th from 10:45am-11:45am. or to the TRE Community Center Blood Pressure Clinic is Tuesday, July 21st from 12:15pm-12:45pm or North County (GID) on Wednesday, July 22nd from 11:45pm-12:15pm.

** Are you a Veteran? Do you have questions about your benefits or what services may be available to you. ROVER will be back in our area starting July 28th to work with our Veterans on disability and other claims. One hour appointments will be available from 10 am to 3 pm. Emergency help and appointments are also available. To schedule an appointment call ROVER representative, Necole at (702) 791-9000 ext. 15518. Veterans are advised to bring their DD-214 discharge document, VA card and current VA claim correspondence.

**Nevada SHIP volunteers can help through the Senior Center. SHIP counselors provide free objective and unbiased information about Medicare and will assist to determine if you are eligible for savings programs that *save you money*. Please call Diane Noble (775) 267-7907 and leave a message with your name and telephone number.

***Support groups are available throughout the month for various needs. We have a Dementia & Alzheimer's Support Group that meets the 3rd Wednesday each month. Our Sight Impaired Group meets the first Thursday of each month at 10:30am. On the 2nd & 4th Wednesday of each month, Vitality for Life sponsors a "Coping with Change" support group for those who may be having difficulty with grief, loss, or any kind of unexpected "life changes" and our Parkinson's Support Group meets the 4th Wednesday at 1:30pm. For more information about any of these groups, call the Senior Center to inquire. (775) 783-6455



YOUNG AT HEART



Current 2014-2015 Young At Heart Board Members



YOUNG AT HEART BOARD MEMBERS—

Andrea Rajeski (President), Bob Issacs (Vice President), Howard Alt-house (Treasurer), Paul Lockwood (Secretary), John Caster, Lucie Johnson, Annette Muller, Linda Sawtelle, Nick Cane, Bob Cook (Senior Advisory Board Representative), Travis Lee (Manager of Senior Services), Scott Morgan (Community Services Director), Steve Swabacker (Community at Large Member #1) and Dong Petersen (Community at Large Member #2).

What is Young at Heart?

Young at Heart (YAH) is a nonprofit organization that raises funds for the Douglas County Senior Center's needs and sponsors events and groups that benefit our Seniors.

What do we do?

Events we sponsor include: Weekly and Monthly Bingos, 90+ Birthday Meals, 100+ Birthday Celebration(s), Mother's Day Flowers, Father's Day Treats, 50/50 Birthday Raffles, Bake Sales, You-Pick-It Raffles, Ice Cream Social (free to members), Christmas Craft Fair, Christmas (Lunch) Party (free to members), and Christmas Gift Bags for Homebound Seniors.

We support the Hot Soup Program, Adopt an Elder Project and the Sight Impaired Support Group. In addition, we manage the YAH Gift Shop.

Each year the Center and the Kitchen give YAH a "wish list" of items that are not covered by the budget. YAH tries to fulfill those wishes such as: YAH Purchased the new industrial kitchen and the warming kitchen in the Senior Center dining room in 2014. Membership is only \$5 for the year!

When does our Senior Services and Young at Heart Board(s) Meet?

On the Second Monday of each month our Douglas County Senior Services Advisory Board meets at 8:15am in the CVMC Conference room at the Senior Center, followed by the YAH, Senior Citizens Club Board of Trustees meeting at 9:30am.



YAH ACTIVITIES

July

2nd—Sight Impaired Support 10:30am
5th—Sertoma Bingo
8th—50/50 Raffle
19th—YAH Bingo
20th—YAH Board Meeting
27th—Garden Club

August

2nd—Sertoma Bingo
6th—Sight Impaired Support Group
10:30am
10th—YAH Board Meeting
12th—50/50 Raffle
16th—YAH Bingo
19th—YAH Board Early Voting
24th—Garden Club
30th—YAH Special Bingo

September

3rd—Sight Impaired Support Group
10:30am
6th—Sertoma Bingo
9th—50/50 Raffle
14th—YAH Board Meeting
20th—YAH Bingo
28th—Garden Club

Gardnerville Senior Center

Classes and Groups

Watercolor Class



Watercolor classes continue at the Senior Center in the "Ceramics". They meet on the 2nd and 4th Thursdays of the month from 9am-12pm. Each class is just \$25 and all supplies are included. To sign up or for more info, please call instructor, Lada Trimble at 882-6061.



"Coping with Change" Senior Support Group

This new group meets every 2nd & 4th Wednesday of each month from 9:30-10:30am at the Sr. Center, in the Conference Room. This group is sponsored by the Carson Valley Medical Center—Vitality for Life.

Grief and loss are processes we go through as we adjust to the loss of anything important in our life; loss of a loved one or relationship, empty nest, retirement, health, family, finances, etc. The work of grieving is emotionally, mentally and physically exhausting and there is no right, or wrong way of grieving. This group is geared toward helping you through this process.

Silver Yoga



Silver Yoga meets on Tuesdays and Thursdays in the Senior Day room at the Senior Center, from 10-11am. This class can be done has variations that will accommodate all abilities. It is offered for a suggested donation of \$3 per class. If you have any questions, please call 775-783-6155.

Parkinson's Disease Support Group

The focus of this group is to talk, share experiences and learn how to live with this chronic condition and how to slow down its progression through exercise. We will discuss exercises that will help with rigidity and balance. This group will meet on July 15th at 1:00pm at the Senior Center. For more information, contact Imelda at (209) 918-3692



Exercise Class

Free Fitness Exercise Class
Work on your flexibility, range of motion and balance. Class meets Monday, Wednesday and Friday mornings in the Community Center Exercise Room from 10:30-11:30am

Dementia & Alzheimer's Support Group

This group meets on will meet every 3rd Wed from 9:30-10:30 at the Sr. Center in the Conference room. The next meeting will be Wednesday, July 15th. The group will focus on helping caregivers of loved ones stricken with dementia address various issues associated with the progression of dementia and its affects.

CRIBBAGE

If you like to play Cribbage, then come and join us on Wednesday nights at the New Community Center at 6:30pm. All ages are welcome. For information, call Pet Stemler at 882-3739 or Chuck Kiel at 782-5929

Mark Your Calendar for these Upcoming Senior Center Events...

July

- 2nd—Senior BBQ
- 3rd—Center Closed
- 4th—4th of July
- 10th—Wine Tasting Trip
- 12th—Acces Ball Game
- 23rd—38 Special Concert
- 24th—Senior Dance
- 25th—Marvelous Wonderette's Trip
- 29th—Beall's Fashion Show

31st—Romeo & Juliet Trip

August

- 8th—Mo Bandy & TG Shepard
- 13th—Meadowood Mall Trip
- 19th—BBQ in the Park
- 21st—The Fantastics
- 23rd—The Thunderbirds
- 30th—Acces Ball Game

September

- 2nd—Live Music
- 7th—Center Closed for Labor Day
- 10th—Tallac Museum
- 23rd—BBQ at Sand Harbor
- 25th—Senior Dance

T.R.E. Upcoming Activities & Events—July

What's Happening Around the County

Congregate Dining is available at the TRE Community Center on Monday, Tuesday & Thursday. At our N. County Location on Wednesday and Friday starting at 12:00pm. The suggested donation for lunch is \$3.00* for anyone 60 years or older and a \$7.00 charge for those 59 years and younger ***Those unable to pay will not be denied service.** **FREE Blood Pressure Checks: Will be at the** TRE Community Center Blood Pressure Clinic is Tuesday, July 21st from 12:15pm-12:45pm **Douglas County Social Services:** TRE Community Center every Tuesday from 1pm—4pm **TRE Food Closet:** Located at 1441 Agate Road (TRE Church/enter at the side door) Open the last Monday of each month from 1-3p.m. ****No questions asked**** Nonperishable food donations are also accepted.

July

Bingo every Monday, Tuesday & Thursday from 11am-12pm

25th— VFW Pancake Breakfast
8:30-11am

August

Bingo every Monday, Tuesday & Thursday from 11am-12pm

1st— Sagehen's Bunco 12-3pm
27th— VFW Pancake Breakfast
8:30-11am

September

Bingo every Monday, Tuesday & Thursday from 11am-12pm

16th— Sagehen's Potluck 12-3pm
26th— VFW Pancake Breakfast
8:30-11am

N. County Upcoming Activities & Events—July

July

1st—Bingo
3rd—Center Closed
8th—Bingo
10th—Game Day
15th—Bingo
17th—Game Day
22nd—Bingo
24th—Game Day

29th—Bingo

31st—Game Day

August

5th—Bingo
7th—Game Day
12th—Bingo
14th—Game Day
19th—Bingo
21st—Game Day
26th—Bingo
28th—Game Day

29th—Bingo

31st—Game Day

September

2nd—Bingo
4th—Game Day
9th—Bingo
11th—Game Day
16th—Bingo
18th—Game Day
23rd—Bingo
25th—Game Day

30th—Bingo

Tahoe Douglas Upcoming Activities & Events—July

Monthly Game Times:

Fridays from 9:30-11:30 & 11:30-12:15pm

Wednesdays from 2:30-5pm
Coffee, tea, hot chocolate, cake, Pie & donuts are available.

There is a \$5.00 buy-in for each session and we pay out a 1st, 2nd & 3rd place.

*Transportation may be arranged if needed.

**Want to learn how to play?

We can teach you! Come join us!

July Activities

1st—TDSC Board Meeting 10am
Texas Hold'Em 2:30-5:00pm
2nd—Game Day 12:00pm-4:00pm
3rd—TX Hold'Em Tournament 9:30-11:30AM & 12:15-3pm
8th—Membership Lunch at Harrah's
TX Hold'em 2:30-5:00pm
9th—Mexican Train 12:00pm-4:00pm
10th—TX Hold'Em Tournament 9:30-11:30AM & 12:15-3pm
11th—Bingo 1:00pm
14th—CG Aux 7:00pm
15th—Texas Hold'Em 2:30-5:00pm

16th—Mexican Train 12:00pm-4:00pm
17th—TX Hold'Em Tournament 9:30-11:30AM & 12:15-3pm
18th—Bingo 1:00pm
22nd—Texas Hold'Em 2:30-5:00pm
24th—TX Hold'Em Tournament 9:30-11:30AM & 12:15-3pm
25th—Bingo 1:00pm
29th—Texas Hold'Em 2:30-5:00pm
31st—TX Hold'Em Tournament 9:30-11:30AM & 12:15-3pm